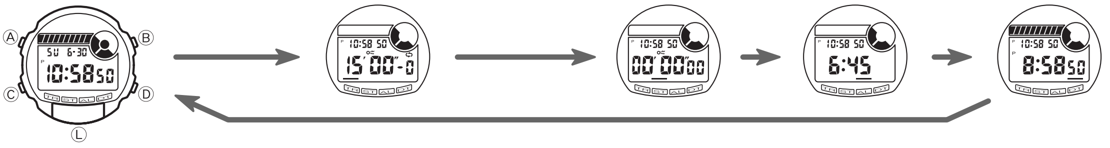
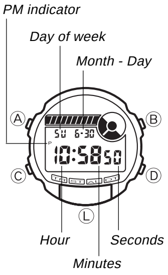
Module No. 1950

GENERAL GUIDE

- Press Ⓒ to change from mode to mode.
- After you perform an operation in any mode, pressing Ⓒ returns to the Timekeeping Mode.
- If you do not press any button for a few minutes while making settings in any mode (indicated when settings are flashing), the watch automatically clears the setting screen (settings stop flashing) and returns to the normal display for the mode you are in.
- This watch returns to the Timekeeping Mode whenever you hold down the Ⓒ button for one or two seconds. If you ever lose track of what mode you are in or what you should do next, hold down Ⓒ to return to normal timekeeping.
- In any mode press Ⓛ to illuminate the display.



TIMEKEEPING MODE



To set the time and date

1. Hold down Ⓐ while in the Timekeeping Mode until the seconds digits flash on the display because they are *selected*.
2. Press Ⓒ to change the selection in the following sequence.

Seconds → Hour → Minutes → 12/24-Hour Format → Month → Day → Day of week → (Seconds)

3. While the seconds digits are selected (flashing), press Ⓓ to reset the seconds to 00. If you press Ⓓ while the seconds count is in the range of 30 to 59, the seconds are reset to 00 and 1 is added to the minutes. If the seconds count is in the range of 00 to 29, the minutes count is unchanged.
4. While any other digits (beside seconds) are selected (flashing), press Ⓓ to increase the number or Ⓑ to decrease it. While the 12/24-hour format setting is selected, press Ⓓ or Ⓑ to toggle it between 12 and 24. While the day of the week is selected (flashing), press Ⓓ to advance to the next day or Ⓑ to return to the previous day.

- Except for when adjusting the seconds or setting the 12/24-hour format, holding down a button changes the current selection at high speed.
- When the 12-hour format is selected, the indicator **P** appears on the display to indicate "P.M." times. There is no indicator for "A.M." times.
- When the 24-hour format is selected, the indicator **24** appears on the display.

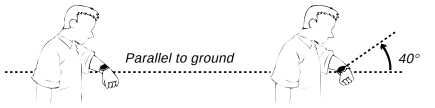
5. After you set the time and date, press Ⓐ to return to the Timekeeping Mode.

ABOUT THE BACKLIGHT

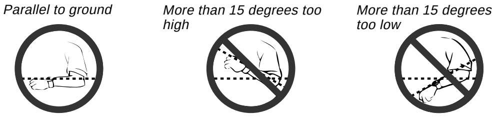
About the Auto Light Switch Function

When the auto light switch function is turned on, the backlight automatically turns on for two seconds under the conditions described below. Avoid wearing the watch on the inside of your wrist. Doing so causes the auto light switch to operate when not needed, which shortens battery life.

Moving the watch to a position that is parallel to the ground and then tilting it towards you approximately 40 degrees causes the backlight to illuminate.



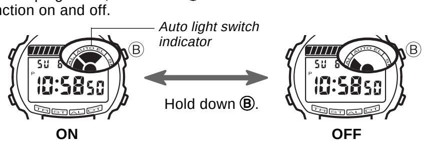
- The backlight may not illuminate if the face of the watch is more than 15 degrees off parallel to the left or right. Make sure that the back of your hand is parallel to the ground.



- Static electricity or magnetic force can interfere with proper operation of the auto backlight function. If the auto backlight does not illuminate, try moving the watch back to the starting position (parallel with the ground) and then tilt it back toward you again. If this does not work, drop your arm all the way down so it hangs at your side, and then bring it back up again.
- Under certain conditions the backlight may not light until about one second or less after turning the face of the watch towards you. This does not necessarily indicate malfunction of the backlight.

To switch the auto light switch function on and off

In the Timekeeping Mode, hold down Ⓑ for one or two seconds to turn the auto light switch function on and off.



- The auto light switch indicator is shown on the display in all modes while the auto light switch function is on.
- In order to protect against running down the battery, the auto light switch function is automatically turned off approximately three hours after you turn it on. Repeat the above procedure to turn the auto light switch function back on if you want.
- Pressing Ⓛ while in the Timekeeping Mode illuminates the display, regardless of the auto light switch's on/off setting.

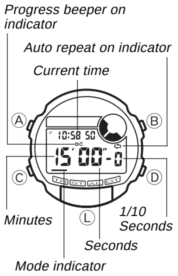
Caution

- The backlight of this watch employs an electro-luminescent (EL) light, which loses its illuminating power after very long term use.
- Frequent use of the backlight shortens the battery life.
- The watch emits an audible sound whenever the display is illuminated. This is because the EL light vibrates slightly when lit. It does not indicate malfunction of the watch.

Warning!

- **Never try to read your watch when mountain climbing or hiking in areas that are dark or in areas with poor footing. Doing so is dangerous and can result in serious personal injury.**
- **Never try to read your watch when running where there is the danger of accidents, especially in locations where there might be vehicular or pedestrian traffic. Doing so is dangerous and can result in serious personal injury.**
- **Never try to read your watch when riding on a bicycle or when operating a motorcycle or any other motor vehicle. Doing so is dangerous and can result in a traffic accident and serious personal injury.**
- **When you are wearing the watch, make sure that its auto light switch function is turned off before riding on a bicycle or operating a motorcycle or any other motor vehicle.**
  Sudden and unintended operation of the auto light switch can create a distraction, which can result in a traffic accident and serious personal injury.

COUNTDOWN ALARM MODE



The countdown alarm can be set within a range of 1 second to 24 hours. When the countdown reaches zero, an alarm sounds for 10 seconds or until you press any button.

To set the countdown start time

1. Hold down Ⓐ while in the Countdown Alarm Mode. The hours digits flash on the display because they are *selected*.
2. Press Ⓒ to change the selection in the following sequence.

Hour → Minutes → Seconds → (Hour)

3. Press Ⓓ to increase the selected number or Ⓑ to decrease it. Holding down either button changes the selection at high speed.

- Press Ⓓ and Ⓑ at the same time to clear the starting time to 0:00' 00".
- To set the starting value of the countdown time to 24 hours, set 0:00' 00".

4. After you set the countdown start time, press Ⓐ twice to return to the Countdown Alarm Mode.

To use the countdown alarm

1. Press Ⓓ while in the Countdown Alarm Mode to start the countdown alarm.
2. Press Ⓓ again to stop the countdown alarm.

- You can resume countdown alarm operation by pressing Ⓓ.

3. Stop the countdown alarm and then press Ⓑ to reset the countdown time to its starting value.

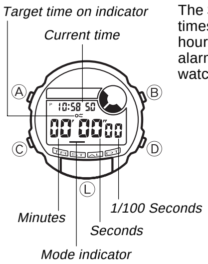
- When the end of the countdown is reached and auto repeat timing is off, the alarm sounds for 10 seconds or until you stop the alarm by pressing any button. Countdown timing stops and the countdown time is automatically reset to its starting value after the alarm stops.

To switch auto repeat timing and the progress beeper on and off

1. Hold down Ⓐ while in the Countdown Alarm Mode. The hour digits flash on the display because they are *selected.* Press Ⓐ again to move the flashing to the auto repeat ON/OFF setting.
2. Press Ⓓ or Ⓑ to toggle auto repeat on (⟲) and off.
3. Press Ⓒ to move the flashing to the progress beeper ON/OFF setting.
4. Press Ⓓ or Ⓑ to toggle the progress beeper on (○⥂) and off.
5. Press Ⓐ to return to the Countdown Alarm Mode.

- When the end of the countdown is reached while auto repeat is on, the alarm sounds, but the countdown restarts from the beginning without stopping. You can stop the countdown by pressing Ⓓ and manually reset to the start time by pressing Ⓑ.
- If you set a starting time of 10 seconds or less and have Auto Repeat turned on, the countdown alarm tone (which normally sounds for 10 seconds) sounds for only one second.
- When the progress beeper is turned on, the watch beeps as the countdown time passes the 10, 5, 4, 3, 2, and 1-minute marks, and the 50, 40, 30, 20, 10, 5, 4, 3, 2, and 1-second marks.

STOPWATCH MODE



The Stopwatch Mode lets you measure elapsed time, split times, and two finishes. The range of the stopwatch is 23 hour, 59 minutes, 59.99 seconds. You can also have an alarm sound when a target time is reached. The Stopwatch Mode also features an Auto-Start function.

(a) Elapsed time measurement

Ⓓ → Ⓓ → Ⓓ → Ⓓ → Ⓑ

Start → **Stop** → **Re-start** → **Stop** → **Clear**

(b) Split time measurement

Ⓓ → Ⓑ → Ⓑ → Ⓓ → Ⓑ

Start → **Split** → **Split release** → **Stop** → **Clear**

(c) Split time and 1st-2nd place times

Ⓓ → Ⓑ → Ⓓ → Ⓑ → Ⓑ

Start → **Split** (First runner finishes.) → **Stop** (Second runner finishes. Record time of first runner.) → **Split release** (Record time of second runner.) → **Clear**

About the Auto-Start function

With the Auto-Start function, the watch performs a 5-second countdown. When the countdown reaches zero, stopwatch operation starts automatically. During the final three seconds of the countdown, a beeper sounds with each second.

To turn the Auto-Start function on and off

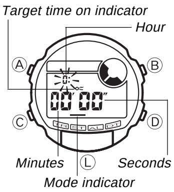
While the display is showing all zeros in the Stopwatch Mode, press Ⓑ to toggle it on and off.

- The indicator **AUTO-ST** appears and **05** is shown in the upper display while Auto-Start is turned on. The **AUTO-ST** indicator is not shown and the upper part of the display shows the current time when Auto-Start is turned off.

About the Target Time function

With the Target Time function, an alarm sounds for ten seconds whenever the time being kept by the stopwatch reaches a target time you have preset.

To set the Target Time and to turn it on and off



1. While the display is showing all zeros in the Stopwatch Mode, hold down Ⓐ, and the hour digit of the target time starts to flash because it is *selected*.
2. Press Ⓒ to change the selection in the following sequence.

   Hour → Minutes → Seconds → (back to Hour)

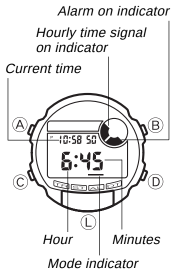
3. Press Ⓓ to increase the selected number or Ⓑ to decrease it. Holding down either button changes the selection at high speed.
   - Press Ⓓ and Ⓑ at the same time to clear the setting to 0:00' 00".
4. Press Ⓐ to move the flashing to the target time ON/OFF setting.
5. Ⓓ or Ⓑ to toggle the target time on and off.
6. Press Ⓐ to return to the Stopwatch Mode.

Important!

The alarm will not sound if you do not turn on the target time.

- Press Ⓐ, Ⓒ or Ⓛ to stop the alarm after it starts to sound.

ALARM MODE



When the Daily Alarm is switched on, the alarm sounds for 20 seconds at the preset time each day. Press any button to stop the alarm after it starts to sound. When the Hourly Time Signal is on, the watch beeps every hour on the hour.

To set the alarm time

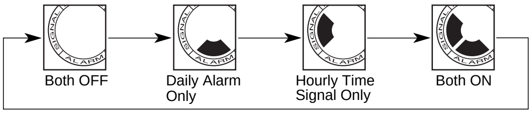
1. Hold down Ⓐ until the hour digits start to flash on the display. The hour digits flash because they are *selected*.
   - This operation will switch the Daily Alarm on automatically.
2. Press Ⓒ to change the selection in the following sequence.

   Hour ↔ Minutes

3. Press Ⓓ to increase the selected digits and Ⓑ to decrease them. Holding down either button changes the selection at high speed.
   - The format (12-hour and 24-hour) of the alarm time matches the format you select for normal timekeeping.
   - When setting the alarm time using the 12-hour format, take care to set the time correctly as morning (no indicator) or afternoon (**P**).
4. After you set the alarm time, press Ⓐ to return to the Alarm Mode.

To turn the daily alarm and hourly time signal on and off

Press Ⓑ while in the Alarm Mode to change the status of the daily alarm and hourly time signal in the following sequence.



- The alarm on indicator ( ) and the Hourly Time Signal on indicator ( ) are shown on the display in all modes while these functions are turned on.

To test the alarm sound

Hold down Ⓑ while in the Alarm Mode to sound the alarm.

- Note that pressing Ⓑ also changes the alarm and the hourly time signal ON/OFF settings.

DUAL TIME MODE

The Dual Time Mode lets you keep track of the time in another time zone. You can also select the timekeeping format (12-hour or 24-hour) separately from the Timekeeping Mode.

To set the Dual Time

1. Hold down Ⓐ while in the Dual Time Mode. The hour digits flash on the display because they are *selected.*
2. Press Ⓒ to change the selection in the following sequence.

   Hour → Minutes → (back to Hour)

3. Press Ⓓ to increase the selected digits and Ⓑ to decrease them. Holding down either button changes the selection at high speed.
4. After you set the time, press Ⓐ to return to the Dual Time Mode.

- In the Dual Time Mode, the seconds count is synchronized with the seconds count of the Timekeeping Mode.
- In the Dual Time Mode, press Ⓑ to toggle between the 12-hour and 24-hour formats.